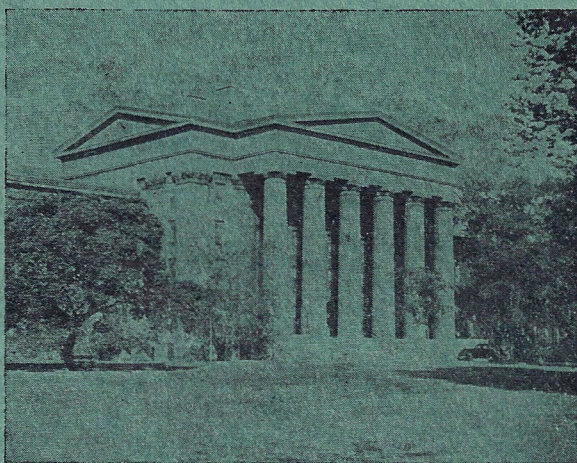
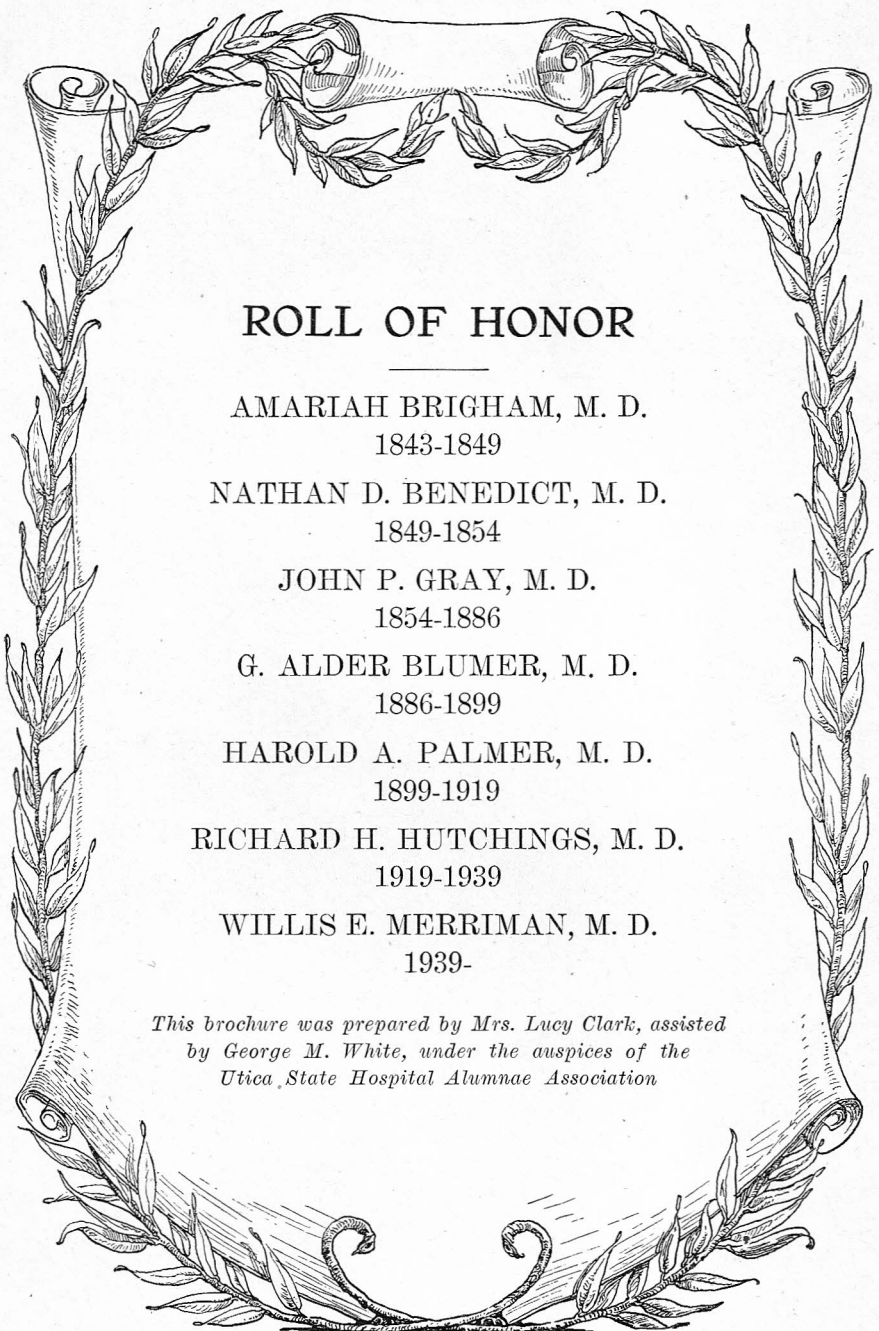


*A  
Century of Progress  
at*



*Utica State Hospital*  
*❧ 1843-1943 ❧*





## ROLL OF HONOR

AMARIAH BRIGHAM, M. D.  
1843-1849

NATHAN D. BENEDICT, M. D.  
1849-1854

JOHN P. GRAY, M. D.  
1854-1886

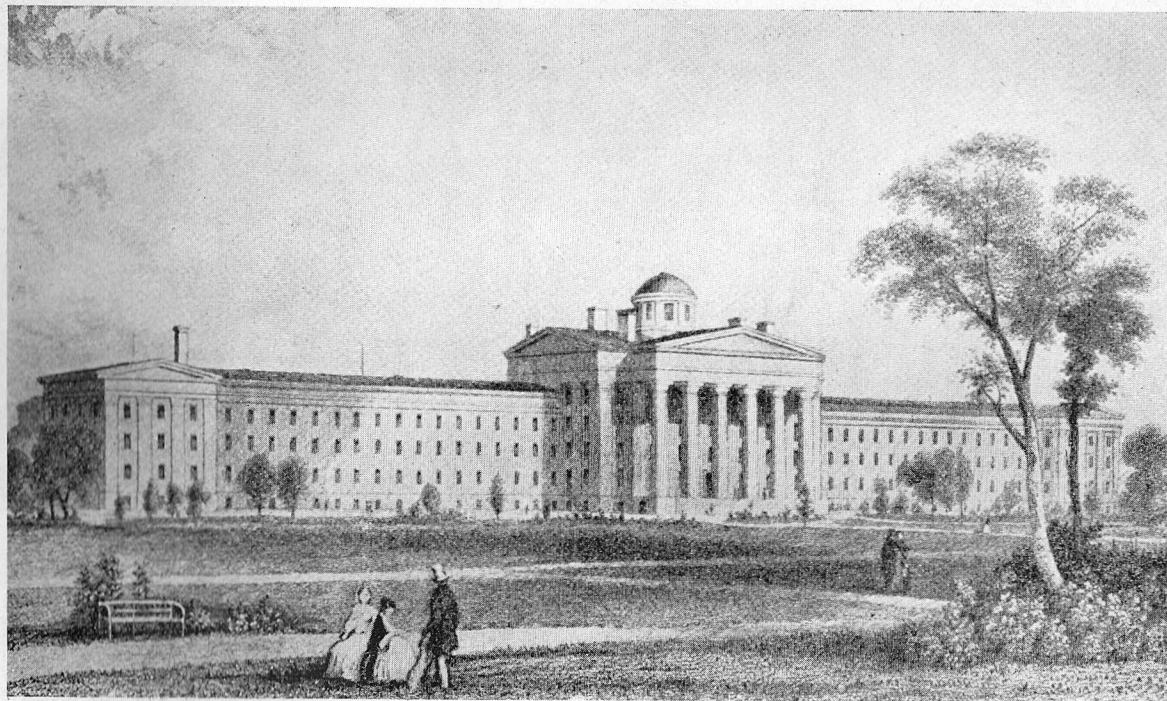
G. ALDER BLUMER, M. D.  
1886-1899

HAROLD A. PALMER, M. D.  
1899-1919

RICHARD H. HUTCHINGS, M. D.  
1919-1939

WILLIS E. MERRIMAN, M. D.  
1939-

*This brochure was prepared by Mrs. Lucy Clark, assisted  
by George M. White, under the auspices of the  
Utica State Hospital Alumnae Association*



NEW YORK STATE LUNATIC ASYLUM  
1843

## TO THE GENTLE READER

This short history of Utica State Hospital has been compiled from a variety of sources, early hospital and legislative records, books, medical society papers, and the memories of living men and women who participated in many of the events reported or were witnesses of them. Every endeavor has been made to make an accurate chronicle from this material.

There is much in the language descriptive of the hospital's earlier years which will seem to the modern reader to be "quaint." Modern specialists in the treatment of mental disease no longer use the words "lunacy" or "lunatic," for the moon and moonlight have nothing whatever to do with mental illness—although the belief that they have is such a persistent superstition that scientific work has been done as lately as in the year just past in an endeavor to find the basis for this idea. Similarly, the word "asylum" is no longer used—our modern institutions are places where illness is treated and many sick people cured, not simply refuges or asylums for persons whose peculiarities unfit them for family or community life.

"Insane" and "insanity" are other terms commonly dropped from today's psychiatric vocabulary. They used to be good medical words; but years of court decisions and litigation have left them with a variety of meanings concerning legal status and "responsibility" for actions in the eyes of the law—arbitrary meanings as far as medicine is concerned and not corresponding to any medical conditions; all our institution patients are mentally ill; but many are not "insane" in any legal sense; and many others are not "insane" in specialized legal applications of the term. Today's medical terms are "psychosis" and "psychotic," meaning "mental or emotional illness" and "mentally or emotionally ill." In this present brief history of an institution which used to be a "lunatic asylum" and is now a hospital, many of the outworn terms are used in passages descriptive of days when they were not yet outworn.

Many of the incidents of Utica State Hospital's history are dramatic, for psychiatry has made many dramatic advances in 100 years, but every effort has been made to verify those incidents reported here. Dr. Stephen Smith, New York State's first Commissioner of Lunacy, is one of several authorities, for example, for the story of Amariah Brigham's recognition of the "insane" man in the court room. Dr. Smith was fond of this story and told it many times. It is only fair to report, however, that this same feat has been attributed to Dr. Isaac Ray and to other figures of the early days of psychiatry about whom legends have grown up—and perhaps to add that any modern psychiatrist would gladly exchange painful years of apprenticeship for Dr. Brigham's reputed ability to diagnose a man as mentally ill simply by looking at him in the audience of a crowded courtroom.

RICHARD H. HUTCHINGS, M. D.



## DAWN OF A NEW ERA

One of the most important chapters in the history of the care and treatment of mental diseases began one hundred years ago with the opening of the Utica State Hospital, originally called the New York Lunatic Asylum, on January 16, 1843. It was the first "State Asylum for the insane poor" erected in New York, and began its career under the direction of one of the foremost psychiatrists of the time—Dr. Amariah Brigham.

The deplorable condition of New York State's "insane paupers" had been the subject of repeated recommendation and petition to the Legislature for several years before definite action was finally attained. In 1830, Governor Throop, in his annual message, stated that 280 "insane" persons were in jails or poorhouses, and 348 "insane paupers" were at large, a terror to others, and suffering all the privations of the destitute. He made a plea for the consideration of "the propriety of establishing an asylum for the gratuitous care and recovery" of these unfortunates. The subject was taken up in the assembly and referred to a committee of three—A. C. Paige, Eli Savage and Peter Gansvoort. These gentlemen carried on extensive investigations of existing "lunatic asylums," made voluminous reports and recommendations, but no legislative action was taken. Four years passed and Governor Marey in his annual message, January, 1834, made a vigorous appeal for action on the matter. Again referred to a committee, a bill for the purpose was reported, which passed the house but was bogged down in the senate.

Finally, in 1836, the medical profession brought its pressure to bear on the Legislature with a petition from the Medical Society of the County of Oneida, which was drawn up and presented by a Utica physician, Dr. Charles B. Coventry, and with a memorial from the members of the Medical Society of the State of New York, which was presented by Dr. John McCall, also of Utica. Twenty-eight memorialists signed the petition in which a fervent appeal was made for "the erection of a proper asylum to provide support and medical care for the pauper insane."

The immediate result of the cooperative effort of the medical men was the passage March, 1836, of "An Act to Authorize the Establishment of the New York Lunatic Asylum." A commission was appointed with authority to expend \$10,000 for a site and to contract for the erection of an asylum at a cost of not more than \$50,000. There was some delay over the selec-

tion of a site, but in 1837 the present location, including 130 acres of land on the western boundaries of Utica, was purchased for \$16,300 of which the State paid \$10,000 and citizens of Utica raised \$6,300.

An impressive structure, intended to provide accommodations for 1,000 patients, was originally designed by William Clarke, Chairman of the Board of Commissioners. The plans called for four large buildings, located at right angles to each other, with the ends connected by lattice-work, the whole enclosing an octagonal area of 13 acres. Grey limestone from Trenton and Little Falls was the building material chosen, and the architecture was in the then popular classic revival style, with massive Doric columns adding impressive dignity to the main facade.

Curiously enough, no contract for the construction of the asylum was made either before or after its commencement, and by the end of 1838, \$46,000 of the appropriated \$50,000 had been spent on foundations alone for the four buildings. With the probable cost mounting beyond expectations, it was decided the immediate needs of the State's "insane poor" did not demand the completion of all the proposed buildings. In May, 1840, \$75,000 was appropriated to finish the main building, the foundations of the other three to be roofed over for protection. Many years later, the stones of those foundations were used to build a carriage house, now the hospital garage. Two subsequent appropriations of like amount were made bringing the total cost to the State to \$285,000.

In April, 1842, a Board of Managers was organized, and it assumed charge of the institution. Five leading citizens of Utica were among its nine members, including Dr. Coventry who had been chiefly instrumental in stimulating the remiss Legislature to favorable action. The asylum was not yet furnished and also needed a water supply, a more complete drainage system and various other essentials before it could be opened for the admission of patients. Recourse to the State treasury was again necessary. An appropriation of \$16,000 was made by the Legislature to cover the required expenditures.

The board was greatly aided in the duties of organizing the management of the asylum by Dr. Amariah Brigham, whom it had appointed physician and superintendent. During the summer and autumn of 1842, work went forward with all possible speed.

The asylum location was then on the edge of the farming country, and the handsome, imposing edifice commanded a view of the rapidly growing young city, which had received its charter only a decade before. A part of its 15,000 inhabitants enjoyed the convenience of the Utica Water Works,

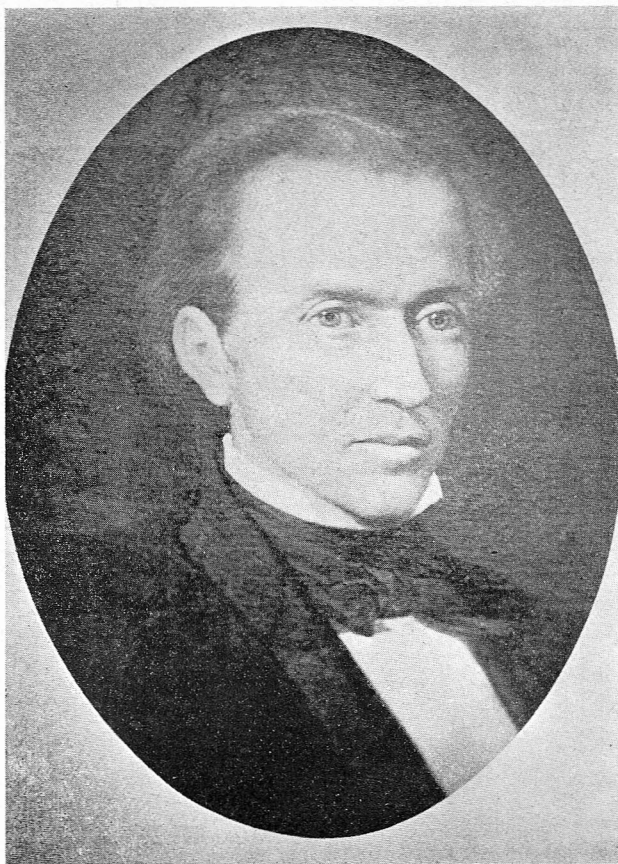


but wells or pumps served most of the families. Water for the new asylum was supplied by a huge well on the grounds. Oil lamps furnished the lighting. The heating system was the last word in early modern convenience—several big wood-burning furnaces were installed to supply heat to all the main parts of the institution. They were probably home-town products, for Utica's own John Carton was among the early furnace inventors and manufacturers.

The Chenango, as well as the Erie Canal, was a flourishing inland waterway that contributed much to the prosperity of the community. The railroad had come also, but the horse and buggy was still the universal means of transportation, and the interests of the people generally still lay close to the soil. Set in a rich agricultural district, Utica a century ago was indeed a fair little city. With the crudities of pioneering behind it, a cultivated social life was blossoming, and keen interest in scientific advancement was widespread. The medical men of the city and county gave strong evidence of this by their very action in bringing about the act of Legislature which authorized the asylum. That this was a strictly high-minded effort, free of ulterior motive as far as the location of such an institution concerned Utica, is borne out by the fact that a site in Watervliet was the first selection of the committee in charge of the problem. Failure to complete satisfactory financial arrangements with the farmer who owned the Watervliet land turned the interest of the committee toward a more centrally-situated location. And the general cooperation of Utica's citizens in the purchase of a site here contributed materially to the State's first public adventure in the scientific care of mental ailments.

The new institution, while not entirely completed, admitted its first patients January 16, 1843.

In reviewing its century of service to the mentally ill, it is interesting to note that the Utica State Hospital has had only seven superintendents, including the present incumbent. And the story of its continuous advance in scientific treatment properly falls into the seven periods, of varying length, during which the duties of this notable institution have been successively administered by these men. For this reason it seems fitting to present this short history of New York's first State hospital as chapters in the lives of its seven medical superintendents.



AMARIAH BRIGHAM  
1843-1849

Amariah Brigham was born December 26, 1798, in New Marlborough in western Massachusetts. He was the son of John Brigham, and a descendant of Thomas Brigham, an early English settler in the Massachusetts Colony. When Amariah was 11 years old, his father died on the farm in Chatham, New York, where they had moved a few years before. His mother was in straightened circumstances, and the boy went to live with an uncle who was a respected physician in Schoharie, New York.

Even at that tender age Amariah is said to have hoped to be a physician, but his uncle died within a few years, and at 14 he went to Albany alone to seek a livelihood. There he found employment with a stationer and bookseller, and applied himself diligently to his work and sought every means of improving himself and extending his knowledge.



Three years later he left Albany and went to live with his mother who had returned to their old home in Berkshire County, Massachusetts. There young Amariah began the study of medicine with Dr. Edmund C. Peet, a distinguished physician. He was qualified to practise medicine in 1820, and practised for one year with Dr. Plumb of Canaan, Conn. Then he launched out for himself in Enfield, Mass. Several years of success were followed by a year of study and travel abroad.

In 1831 he began to practise in Hartford, Connecticut, where he was very successful and where he married Susan C. Root in 1833. He became the father of four children. His only son, John Spencer Brigham, later died in Utica in 1848, at the age of 12 years, during an epidemic of dysentery that was widespread in up-State New York and caused a number of deaths at the Utica asylum.

In 1837, Dr. Brigham accepted a professorship of anatomy and surgery in the College of Physicians and Surgeons, New York City. In 1840, he returned to Hartford as Superintendent of the Retreat for the Insane, now a world-famous institution, which had been founded in 1824. Two years later, he entered on the crowning chapter of his career with his appointment as superintendent of the newly-organized New York State Lunatic Asylum at Utica.

Dr. Brigham was eager to make the Utica asylum a model institution. It had been built at a higher cost than any other mental hospital up to that time, but he began his regime under the most difficult circumstances. Due to change of plans regarding the building it was almost impossible to classify properly the patients, who began to flock in when the doors were thrown open, January 16, 1843, before the building had been completed. Before the year was out, it became clear that more room was needed. An extra appropriation of \$60,000 was secured and enlargement began at once. Dr. Brigham assumed the stupendous tasks of overseeing the structural changes, of organizing the hospital staff, of caring for and classifying the patients, and of immediately putting some of his advanced ideas into practical demonstration.

During the first year, 276 patients from 48 counties were received. The enlarged building was designed to accommodate 500 patients. Two new wings were completed in 1847, and brought the cost of the asylum up to \$448,980.

During the first year of his arduous assignments, Dr. Brigham was assisted by Dr. H. A. Buttolph, assistant physician; Cyrus Chatfield, steward; Mrs. Chatfield, matron; Edmund A. Wetmore, treasurer; and a number of

men and women attendants, kitchen, laundry and various other workers. The employees (41 in all) were resident at the asylum.

With the completion of the new wings, the increasing number of patients demanded an ever-increasing number of employees. Changes in the staff occurred also. Mr. and Mrs. Chatfield were succeeded by Mr. and Mrs. John M. Sly. A second assistant physician was added to the medical staff. Frequent changes occurred here, a notable addition in 1847 being Dr. George Cook, who later became owner and superintendent of Brigham Hall at Canandaigua, New York—a hospital for mental diseases opened in 1855 and named in honor of Dr. Brigham.

Dr. Brigham was a fervent crusader for the treatment of mental illness as a disease. He looked upon his charges as patients with individual ills that must be treated accordingly. He believed the “insane” needed *moral* and *medical* treatment, and he included rest, quiet, seclusion, diet and care under the *moral* category. He also shared—indeed promoted—the idea of non-restraint treatment. At the Utica State asylum, there were no dungeons or chains. Reinforced rooms were provided for the noisy and violent patients; leather and cloth mittens, leather muffs and wristbands were the only means of restraint in general use. These mild restraints were believed better for the patients than letting them exhaust themselves by incessant exertions. Such humane treatment was in striking contrast to that meted out to this class of unfortunate men and women dependent on the charity of the poorhouses. Many persons considered dangerous would arrive at the Utica asylum in chains, which would be dispensed with at once. In many cases, these same persons became quiet and industrious patients.

Interestingly enough, however, Dr. Brigham did introduce the famous “Utica Crib,” a mechanical device for the purpose of restraint in cases where continued rest was regarded as a major therapeutic measure. It was an adaptation of the crib-bed invented in 1845 by Dr. Aubanel of France. Shaped like a baby’s crib, it had a lid attached to its top, which could be fastened over the patient at night. Adopted by Dr. Brigham at Utica in 1846, it became the most widely used device for mechanical restraint in this country; it was made of wood and of metal. While hardly conducive to the purpose for which it was intended, the “Utica Crib” continued to be used in mental hospitals for over 40 years—indeed long after the Utica hospital had given up the use of this restraint-bed.

An outspoken, practical man, a leader in the “cult of curability,” Dr. Brigham considered “labor as the most essential of our curative means.” Both men and women who were able and willing were kept busy at garden-



ing and other outdoor tasks in season. A firm believer in the therapeutic value of diversion and employment, he pioneered in occupational therapy by encouraging handicrafts and instituting various vocational shops for his patients. He introduced the annual fair at the hospital, January, 1844, where for the first time—in New York at least—articles made by the patients were displayed and sold to the public. The needlework of the women and the carved toys and wooden utensils of the men were of surprising excellence. So much so, in fact, that the following year when the State Fair was held at Utica for the first time, Dr. Brigham arranged for an exhibit of the patients' work, which received awards for excellence. At the annual fairs the carved toys made in the "whittling shops" were much in demand. Tailor shops, shoemaking, carpentry and cabinet shops provided employment for many patients with more practical talents.

A literary periodical called the *Opal*, edited by patients, was established later. And it was at Utica that Dr. Brigham's notable contribution to American psychiatry—*The American Journal of Insanity*—was published for more than 40 years. Founded by him in 1844, the journal was first published at his own expense. It was the first journal in the English language devoted to the subject of mental illness. Burning with zeal to diffuse a knowledge of the subject, and dispel the ideas of mystery and feelings of horror that had so long enveloped mental disorders, Dr. Brigham made his journal a means for educating the general public as well as informing his professional confrères. He was editor-in-chief himself, and the periodical became a medium of communication for some of the ablest writers of the time. After Dr. Brigham's death, the journal became the property of the Utica State Asylum, and publication continued at Utica. In the late 1890's, it was bought by the American Psychiatric Association and became its official organ. Publication was transferred from the hospital, and in 1921 the title was changed to the *American Journal of Psychiatry*. Now in its 99th volume, it has carried on with this title.

Dr. Brigham wrote several books concerned with the subjects of the anatomy of the brain and mental hygiene. He also kept voluminous diaries. Seven record books of such writings are known to have been in existence at the hospital up to 1899, probably part of the doctor's personal library which was purchased soon after his death on the recommendation of the Board of Managers for \$1,500.

Dr. Brigham was held in highest regard as an authority on mental disorders, and his services as an expert were in demand. The case in which his testimony was a dramatic bombshell, was the sensational trial of a negro for the heinous murder of four persons at Auburn, on March 12, 1846.

Such prominent legal talent as William A. Seward and the then attorney-general of the State, John Van Buren, son of President Van Buren, were pitted against each other in the defense and prosecution of the case.

The whole community was aroused, and an attempt at lynching had been made. Because Mr. Seward, the defense attorney, a native of Auburn, had only a month previously succeeded in keeping a murderer from the gallows on the plea of insanity, it was feared that he would do likewise in this case. The prisoner, William Freeman, had recently been discharged from State Prison after serving a five-year sentence.

Mr. Seward summoned Dr. Brigham in behalf of the defense, but the prosecution refused to permit him to examine the prisoner. When he was cross-examined by Mr. Van Buren, Dr. Brigham's assertion that he could tell if a person was insane by looking at him, was made the target of the prosecution's sarcastic endeavor to throw the utmost ridicule upon the specialist's methods of diagnosing insanity.

The situation had produced a state of intense excitement, when the attorney-general climaxed his questions by demanding that Dr. Brigham point out an insane man in the crowded audience. Breathless silence fell upon the courtroom as Dr. Brigham arose to his feet in the witness box and his eyes, passing along the rows and tiers of seats, slowly scrutinized the spectators one by one. Finally when three-fourths of the audience had been subjected to his piercing, brilliant gaze, he suddenly pointed his finger toward a person in one of the rear tiers of seats, and said quietly "There is an insane man."

The man sprang from his seat, and pandemonium was let loose for a few minutes as the officers struggled with the gesticulating, shouting man. For he was "insane." A harmless, local fellow, however, who had strayed into court from a nearby livery stable. Needless to say the prosecution no longer pursued any tests of Dr. Brigham's ability as an authority in the diagnosis of insanity at sight. An absurd story was invented to the effect that Mr. Seward, anticipating a test, had planted the harmless lunatic in court and Dr. Brigham had previously seen him. Although this failed to offset the favorable impression of Dr. Brigham's testimony upon the court and jury, public feeling would admit of no verdict but murder in the first degree. But William Freeman was not executed. He died in prison, deeply demented; and there was general agreement that the autopsy had confirmed Dr. Brigham's diagnosis of insanity.

There is probably no counterpart of this dramatic diagnosis in the history of the courts.



Dr. Brigham's independence of thought and outspoken opinions were not always acceptable to his associates. He was a man of indomitable will and tireless energy. Jealous of his rights and not readily swerved from any course of action he had undertaken, he was sometimes thought to be overbearing, but the benevolence of his intentions was never mistaken, and the soundness of his scientific approach to the problem of treatment has been amply verified by developments in modern psychiatry. He had many brilliant ideas and his reports are filled with original suggestions and interesting observations. He was concerned with the cure of mental disease and also with the possible ways and means of preventing it. He was always seeking new knowledge concerning the causes and treatment in his specialty, and his lively interest in the scientific aspects of it never waned. Since his time, many of his ideas have been superseded by the fuller knowledge of modern psychiatry, but some of them are still accepted and followed.

With the completion of the new wings in 1847, the Utica asylum was the largest in the country. There were 380 single rooms for patients, 24 for their attendants, 20 dormitories accommodating five to 12 persons each, 16 parlors or day rooms, 12 dining rooms, 24 bathing rooms, a like number for clothing and for water closets. A thousand trees were planted on the grounds, and a gate and lodge were erected at the entrance. A gas lighting system, costing \$5,000, was installed.

In 1846, the Legislature had passed a law authorizing the transfer to the asylum of such convicts as were then insane. This type of patient added to the burden of Dr. Brigham's ever-increasing duties. More and more patients came. Utica was the only State institution in New York, and was receiving patients from all but three eastern counties. By 1848, overcrowding was once more a serious problem. Four hundred and three had been admitted, and a total of 877 patients were in the hospital during the 12 months of that year.

According to Dr. Brigham's last report—the year ending November, 1848—2,014 patients had been received into the asylum since its opening. All of these were not public charges. They included patients supported by their own means or by relatives or friends. These non-public charges paid from \$2.50 to \$4.00 a week instead of the \$2.00 paid by the State for paupers. And as Dr. Brigham's managerial capacity was leavened with keen Yankee thrift, his conduct of the asylum was financially satisfactory. In this respect, he was ably assisted by his efficient treasurer, Edmund Wetmore.

His health was impaired by the discharge of his responsible and onerous duties, and he fell an easy victim to a short illness. Amariah Brigham died, aged 51, September 9, 1849, and his remains lie buried in Forest Hill Cemetery, Utica.

## NATHAN D. BENEDICT

1849-1854

Dr. Nathan D. Benedict of Blockley Hospital, Philadelphia, was appointed superintendent on November 3, 1849, and assumed charge of the Utica Asylum on December 8, 1849. Following the death of Dr. Brigham in September, Dr. George Cook, first assistant physician, had carried on the duties of acting superintendent. Dr. Cook was a highly qualified assistant and his skilled services were invaluable to Dr. Benedict, entering upon the grave responsibilities as superintendent of such a large and important institution. Dr. Cook was especially commended for the skilled assistance he gave during a suicidal epidemic which prevailed among the patients during the month of July, 1850. From the opening of the institution, suicide had been a major problem. Dr. Benedict continued the methods already instituted of having patients who evinced such a tendency sleep in dormitories. Associated, they protected one another, as a patient rarely, if ever, attempted suicide in the presence of others.

The trend toward more and more non-restraint treatment, even of the most violent patients, culminated during 1852 in the abandonment of all strong rooms and padded cells. Dr. Benedict was influenced to make this radical advance as the result of experiments conducted by Dr. John Gray, who had become first assistant physician.

By now the asylum was in need of many repairs. The water supply was very inadequate, and the heating system, not only insufficient, but also a constant fire hazard. Thirteen large wood-burning furnaces were in use. Proper ventilation was also a matter needing attention. Proposals were made for funds to make necessary improvements, and an appropriation of \$28,000 obtained.

The heating system was changed to steam, just then coming into use. The Utica asylum was the first public institution in the country to adopt steam heat. An improved method of ventilation employing a mechanical fan blower was installed. And here again this institution took the lead. An abundant water supply was provided by piped connections with the Utica Water Works, which had recently been enlarged. Sanitary conditions were improved with the renovation of toilet and bathing facilities. The greenhouse was enlarged, a cow barn built, the lawns received new care and many trees were planted.

The asylum had a big chapel with a fine organ. The patients enjoyed the services, and a choir of good singers had been built up. The Reverend



E. C. Goodrich had been chaplain since 1845. He was one of the most interesting men connected with the hospital during the early years. His avocation as a fruit and vegetable experimenter earned him the title long afterward of "Utica's Burbank." He contributed much to the horticultural and agricultural improvements at the asylum.

During Dr. Benedict's regime, the therapeutic measures instituted by Dr. Brigham were continued with favorable results. The shops were busy and the printing office profitable. The *Opal* had a wide circulation, and brought in both cash revenue and an exchange of 300 papers and periodicals. The amusements of patients continued to include games, music, tableaux and short dramatic performances—visitors from Utica frequently being invited to the latter.

The convalescent patients rode out daily and attended concerts in Utica. The notable event of this kind, attended by asylum patients, was the concert given by the famous Swedish singer, Jennie Lind, at the Baptist Church on Bleecker Street during the summer of 1853.

The number of patients continued to increase. And despite the general improvements and betterments for their welfare, one condition was a grievous problem. No separate quarters had been provided for the criminal insane. The mingling of this class with the other patients had a bad effect and increased the duties of Dr. Benedict and his associates. It was felt that convict insane should have custodial care. Dr. Benedict made the suggestion for the erection of a hospital that would provide for the exclusive care of about 250 criminal lunatics. In 1854, the Legislature repealed the act of 1846 which had committed insane convicts to the Utica Asylum, and passed an act directing the construction of a building at one of the prisons, for the treatment and care of this class of patients. It also provided for the removal of convict lunatics from the Utica institution.

Action to accomplish the purpose of the bill was delayed. In the meantime, Dr. Benedict's health had failed. After an enforced leave of absence in the South during the winter of 1854, he resigned early in June, and was succeeded by Dr. John Gray in July.



## JOHN P. GRAY

1854-1886

Dr. John P. Gray, first assistant physician at the asylum was acting superintendent at the time of Dr. Benedict's resignation and received an immediate appointment to succeed him. A native of Half Moon, Pennsylvania, John Perdue Gray was born in 1825. He received his M. D. degree from the University of Pennsylvania in 1848 and served his internship at the Philadelphia Hospital. He was appointed to the staff of the asylum in 1850, and remained at the institution throughout his brilliant career. His keen judgment, broad knowledge and legal mind made him one of the most influential men in his profession and one of the first authorities in America on mental disorders. He was president of the Medical Society of Oneida County in 1872, of the New York State Medical Society in 1884, and honorary member of several leading psychological societies abroad.

While still assistant to Dr. Benedict, Dr. Gray had displayed his large interest in scientific investigation. In 1852, his experiments with patients had extended the measures of non-restraint at the asylum. He believed that institutions for treatment of the mentally ill should be on an equality with the best general hospitals in medical direction, diet, care and personal comfort of patients; that they should aim at nothing less than all the improvements afforded by increase of knowledge and progress of science.

Dr. Gray did, however, continue to use the "Utica Crib" or "covered bed" as he called it, for patients who needed physical rest but refused to stay in bed. He used other mild restraints for confining disturbed patients in the day rooms, and found this method of control had a better effect on them than seclusion.

During the third year of his administration two disastrous fires occurred at the asylum within four days, July 14 and 18, 1857. The first one, which was discovered shortly after 7 a. m. on a torrid, breezeless July 14, was tragic as well as disastrous. Dr. L. F. Rose and Fireman William Cressford, both of Utica, lost their lives in heroic efforts to prevent the spread of the fire. It began in the attic of the center building and raged for four hours. Here had been storerooms, the chapel, physicians' offices and living quarters, dining room, library and some patients' rooms. These were completely gutted, the inner walls demolished and the outer walls partially destroyed. Fortunately, the six noble pillars escaped any damage.

Water from the Erie Canal had to be pumped a considerable distance. Fire apparatus from Utica, Rome, Waterville, and down the valley was rushed to the scene, and the citizens lent every possible assistance. Due to

the coolheaded, efficient efforts of the medical staff and the hospital attendants, all of the patients were removed to safety without a single injury.

The fire of July 18 destroyed the interior of the big stone barn. Only the hay and straw were lost. At the time that this fire was discovered, a patient, William Spiers, was seen running from the area. Arrested and questioned, Spiers confessed he had set fire to both the barn and center building. On the plea of insanity, he had been committed to the asylum in 1850, following an arraignment for arson, in a New York court.

The work of rebuilding was commenced without delay. The complete restoration extended over a period of two years, and included fireproof and fire-control improvements. The cost of reconstruction was slightly over \$25,000.

Many gifts of money, books, and various other things for the amusement and improvement of the patients were received by Dr. Gray for the asylum after the fire. Among them, was a fine new organ for the chapel, which was paid for by liberal donations from leading Uticans. A hose house, hose and hose carts, a steam fire pump, hand ladders, and other mechanical means of fire defense were purchased.

Another improvement and reduction of fire hazard made after the reconstruction of the center building, was the abolition of the asylum gas house and the contract with the Utica Gas Company to supply the institution with gas light.

The need for separate quarters for more disturbed patients was partially relieved with the opening of the one-story wing for men, April, 1859. It accommodated 16 patients and proved very serviceable in the treatment of acute cases. The following year, similar quarters for the more disturbed female patients were completed. While these new wings reduced the congestion temporarily, the number of patients continued to increase. In 1860, the daily average in the asylum was 516 patients, and overcrowding was severe. Among the patients, were some insane convicts and an ever larger group of chronic cases.

The Legislature of 1857 had made an appropriation of \$20,000 for the erection of a building at one of the prisons for insane convicts, a lot adjoining Auburn prison was chosen and the building started. But construction lagged. The institution was not opened until 1860, and it was April, 1861, before the male convict "lunatics" at Utica asylum were removed to Auburn.

The problem of the chronic insane was an old sore which was not completely cured until the advent of State aid in 1890. County poorhouses continued to house large numbers of these pauper chronics and incurables, under the most appalling conditions in many places.

To provide a State hospital for incurables and get them out of the poorhouses, the Willard Act was passed April 5, 1865. Dr. Gray vigorously opposed this measure, which provided for a separate institution for chronic



cases. Most of the members of the Association of the Medical Superintendents were opposed to the act; and Dr. Gray and others had their say in no uncertain terms. Dr. Brigham had been opposed to separate hospitals for the acutely and chronically ill. Dr. Gray built his opposition on the ideas of the asylum's founder, for whom he had a profound admiration.

The Willard Act provided for a hospital of 1,500 beds, making it the largest institution for mental patients erected up to that time in the United States. The Willard Asylum was opened in 1869, and all "chronic insane" persons from the poorhouses were sent to it, also patients discharged as chronic cases from the Utica Asylum.

In 1860, Dr. Gray had initiated a system of observation and registration in the men's department. Systematic records of each patient were commenced in order to determine the number of men able to work, and those unable to work but who took exercise. In 1868, Dr. E. R. Hun was appointed special pathologist. Systematic autopsies of patients dying in the asylum were made and recorded with their clinical histories.

Dr. Hun resigned in 1873, and Dr. Theodore Deecke, a practical microscopist and student of pathology, was installed to carry on the research. He began the systematic development of photography and photomicrography in connection with the pathological work, and careful blood and excreta examinations were made.

During his incumbency, Dr. Gray was editor of the *American Journal of Insanity*, still being published at the asylum. Reports of the pathological research work appeared in the journal's pages and attracted widespread attention among medical experts in this country and abroad.

During the early years a high board fence enclosed the asylum grounds on both the Court Street and York Street sides. The Court Street fence was taken down and the iron fence and stone-pillared front gateway erected in the 1860's, but the York Street fence continued in use until 1874, when it was sadly in need of rebuilding. At that time, the Legislature passed a bill by which the iron fence around the Capitol park in Albany was given to the asylum, and \$3,000 was appropriated to cover the cost of transportation and erection. The work was accomplished during 1875. Today, after 67 years, the historic Capitol fence still encloses part of the State Hospital grounds on the York Street side.

Another improvement during 1875 was the introduction of cast iron radiators to replace the worn-out wrought iron pipes which had been the type of radiating apparatus in use when the steam heating system was installed in 1854. Joseph Graham, the engineer at the asylum, developed a radiator known as the Utica or asylum pattern. It was used here and also introduced into two western asylums.

In 1874, a small hospital for physically ill and pregnant women was built.

Day rooms and sun rooms in the wards in the women's wing were added in 1879. During this year, 418 patients were admitted, and more than 1,000 were under treatment. All were classified as "acute" cases, for under the system set up with the opening of the Willard Asylum, no "chronic insane" patients were received at this institution. "Acute cases" which failed to respond to curative treatment were eventually sent either to the Willard Asylum, or to the Hudson River State Hospital (also for chronic cases), which had been opened in 1871. With the criminal insane being sent to the hospital at Auburn Prison, the Utica Asylum was enabled to maintain efficient classification of patients and develop progressive methods of treatment.

Dr. Gray made an important advance in service efficiency in 1883. He believed the institution in its practical working was an admirable training school for attendants and nurses. Accordingly, a plan was organized and put into effect for systematic teaching through lectures to the attendants and other subordinates by the members of the medical staff. It included instruction in anatomy and physiology, in addition to a prescribed technique on matters of hygiene, diet and general physical care of patients.

New additions for disturbed patients were made in 1885. The same year, cracks in the northwest wall of the main building, which had appeared some time previously, became a serious hazard. Upon investigation, it was found that this end of the building was built on quicksand. Extensive reconstruction was begun. The entire end was propped on steel girders, the quicksand excavated and new walls built upon the deep underlying hardpan. An appropriation of \$20,000 was made by the Legislature to cover this reconstruction.

By this time the growing city had encroached on the country-like environment of the asylum. The streets in the immediate vicinity had been paved with cobblestones, and ever since 1863, a horse car line to the asylum and Whitesboro had been in operation. Utica had become an industrial city. Woolen mills and cotton mills had superseded transportation as the chief source of the city's prosperity. At the asylum, leading citizens of the community had succeeded one another as members of the Board of Managers. Edmund A. Wetmore, the first treasurer, had died in January, 1873, after serving the asylum for 30 years. He was succeeded by Thomas W. Seward of Utica. Dr. Willis E. Ford had served on the medical staff as second assistant from 1873 to 1879. After resigning, he opened private practice in Utica, where he became a leading physician and practised for a half-century.

A farm and garden of 200 acres was well cultivated by the labor of attendants and patients. The shops had been enlarged and were busy and profitable. From September to April, concerts, lectures, plays and other amusements were given two evenings a week in the amusement hall. Musi-

cians and clubs of Utica were generous in giving entertainment for the patients. Frequently, noted stars of the concert stage such as Ole Bull, Madame Strakosch and others, gave concerts at the asylum. The patients themselves continued to put on tableaux and theatricals. The amusement room, inconveniently located on the fifth floor, was too small for the increasing recreational activities, and Dr. Gray asked for an appropriation to provide for new quarters. Work on the Assembly Hall was begun in 1886. Sunday afternoon services in the chapel were open to the public. In fact, the institution was so completely open to the public that 1,000 visitors a month went through the wards.

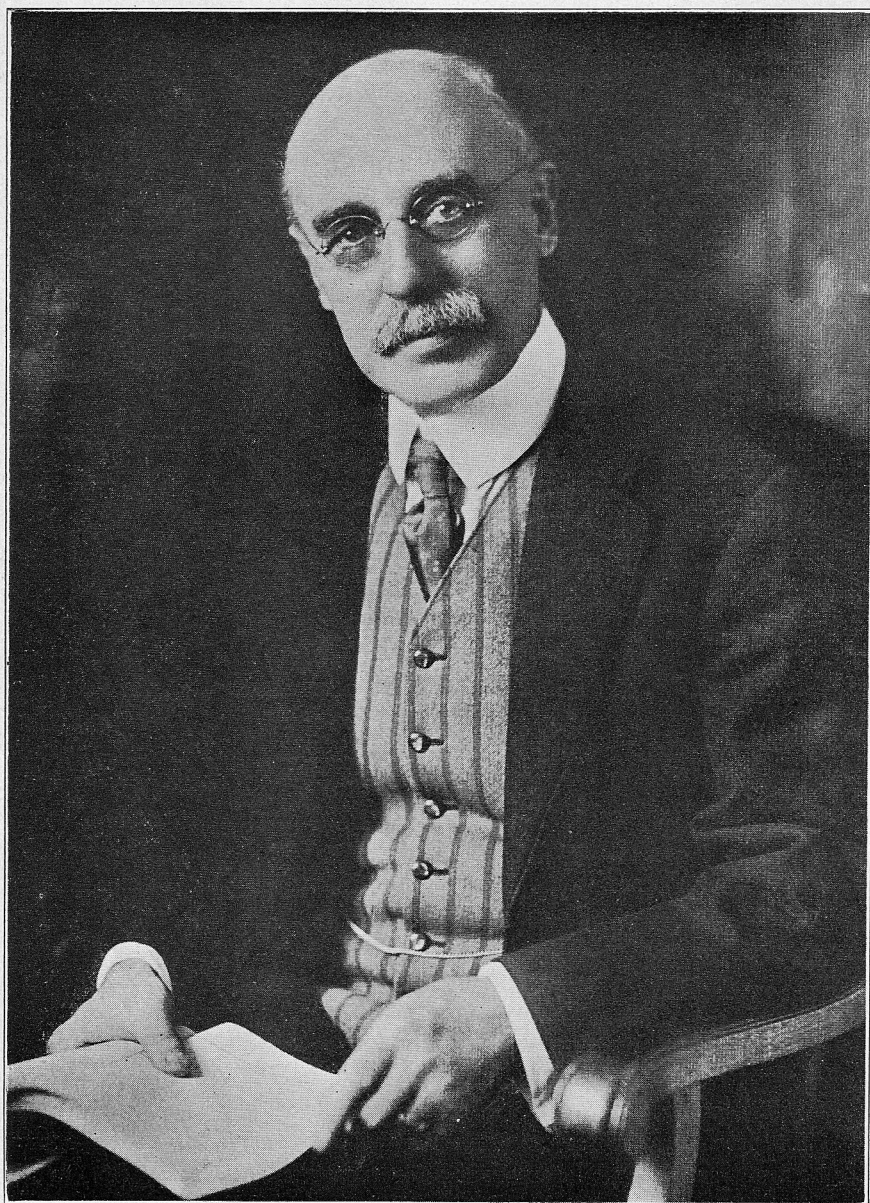
Dr. Gray was a man of highly cultivated social instincts. He was active in Utica social life, and the asylum became a center for social affairs during his administration. The medical staff now included four assistant physicians, and it is said that Dr. Gray, in choosing young men for these posts, took into account their social adaptability.

Like Dr. Brigham before him, Dr. Gray was an expert witness, whose authoritative opinion was frequently sought. His connection with the trial of Charles Guiteau, assassin of President Garfield, nearly cost him his own life. On the evening of March 16, 1882, he had just returned from Washington, where he had been summoned to testify regarding the sanity of Guiteau, and was seated in his office (the one now occupied by Dr. Ross Helmer) conversing with his son and a staff physician, when he was shot. A stranger suddenly appeared in the doorway and fired at him with a heavy navy revolver, hastily retreating after firing one shot. Fortunately, Dr. Gray turned his head quickly at the moment the man pulled the trigger; and the bullet, instead of crashing through his brain, cut a path through his nose a little below the eye, and imbedded itself in the opposite wall. While not fatal, the wound was severe, and Dr. Gray was immediately carried to his apartments on an upper floor.

The would-be assassin was quickly found and arrested. He was Henry Remshaw of Utica, an attendant in a local Turkish bath who was reputedly "crazy" but had never been an inmate of the asylum. Remshaw had no personal grievance against Dr. Gray; the antagonism of his deranged mind was directed at the doctor's rôle in the Guiteau case. Upon the report of a commission appointed to inquire into his mental condition, Remshaw was committed to the State Asylum for Insane Criminals at Auburn.

Dr. Gray soon recovered sufficiently to appear at his office fairly regularly. He had been suffering from Bright's disease, and, in February, 1886, he went south, and later abroad for treatment at Carlsbad. On his return to the asylum in October, he was in better health, but soon suffered a relapse. November 27, 1886, Dr. John Perdue Gray, for 32 years superintendent of the Utica Asylum, died of Bright's disease.





G. ALDER BLUMER

## G. ALDER BLUMER

1886-1899

Dr. G. Alder Blumer's appointment, December 19, 1886, as the successor of the late Dr. Gray was confirming evidence of the strong cooperation and common scientific aims continuously prevailing among the medical men charged with the conduct of the Utica Asylum. The institution was notable for the extended service records of the members of its staff, and also as a training and proving ground for specialists in mental disorder.

Dr. Blumer originally joined the staff in 1880 as fourth assistant physician. He was promoted to second assistant in 1882, and in October, 1884, took a six months leave of absence and went abroad to study and visit European institutions. On his return in 1885, he was appointed first assistant on the staff, and was serving in this capacity when the impaired health of Dr. Gray put him at the helm of the institution as acting superintendent.

January 4, 1887, was the first red letter day on Dr. Blumer's calendar. The new assembly hall was opened with a ball for the asylum attendants, and on the 18th a series of weekly dances for patients was inaugurated. This was the beginning of systematically planned amusement, in which outdoor games took a prominent part. The first athletic field day was conducted on August 29, 1887, and became an annual event. The following summer, baseball was introduced and proved to be the most popular sport. The first Christmas tree party was held in December, 1888. It proved a grand success. Friends and relatives sent generous gifts and tokens of remembrance. Carol singing by patients and nurses was a delightful feature of the event. Another new diversion introduced that same year was boat-riding on the Erie Canal. A small steamboat, the "General Herkimer," had been purchased for this purpose. The patients were taken on short trips to familiar points up and down the valley and never seemed to tire of this break in the routine of their lives.

Meanwhile, at the outset of his superintendency, Dr. Blumer had instituted two outstanding changes in rapid succession. The first one was the culminating step in the "evolution" of non-restraint treatment at the asylum. Dr. Blumer dispensed with every instrument of mechanical restraint, and January 18, 1887, the last "Utica Crib" was removed from the wards. While granting that the restraint-bed had in rare cases had its uses, he believed it was never essential to the care of patients. The effect on the whole morale of the institution was apparent with the removal of all that savored of enforced restraint. Much odium is attached to the name "Utica Crib,"

largely built up by sensational journalists of the time. For although the bed continued in use—and probably misuse in other places—even the wildest stretch of imagination cannot make of it an instrument of torture. In the face of the indisputable evidence of a progressive policy of non-restraint treatment and care of patients at the asylum, since the days of Dr. Brigham, it is a curious irony that the name “Utica” should have acquired a connotation suggestive of torture.

Dr. Blumer’s second sweeping departure changed the institution from an asylum to a hospital. During 1887, the bare wards were carpeted and curtained, and the attendants put in uniform similar to those of hospital nurses. A fine checked blue gingham dress, a long white apron and a dainty little white cap with a narrow velvet band was the female uniform. The men wore blue woolen sack suits with brass removable buttons bearing the arms of New York State.

At this time also, admission of general visitors was interdicted except by card from the managers. This had a wholesome effect in restricting the number of morbidly curious sightseers. Back in the early days of the institution Dr. Brigham had protested that the “patients are not on exhibition.” Dr. Blumer shared this aversion to the indiscriminate display of the mentally ill. He was disgusted by the avid interest of some visitors in seeing the place where the “worst ones are kept.” He regarded mere sight-seeing in a hospital for mental patients as a flagrant intrusion on the privacy to which they were entitled. But the public character of the institution made the question of admittance of visitors a vexing problem, and admission cards did not settle it. Again in 1889, Dr. Blumer called the abuses to the attention of the managers, for under the escort of an usher, no fewer than 3,441 persons had been admitted to the wards that year. This did not include official visitors or the legitimate visits of relatives and friends to patients.

Continuing the expansion of his hospital measures, Dr. Blumer placed female nurses in male wards during 1888. This radical departure was viewed with some skepticism, but no sooner had the carefully selected nurses in their trim uniforms taken command of the wards set apart for the first experiment than the salutary effect of their presence was felt. Of course, male attendants, or orderlies, were detailed to perform special duties.

The satisfactory results of these efforts led naturally to the proposal that the words “lunatic” and “asylum” be dropped. Dr. Blumer suggested that the name of the institution be changed to “State Hospital for the Insane.” The suggestion was favorably received and a change of name authorized by Act of Legislature in 1890. Since that time the institution has been known as the Utica State Hospital.



For some time before his death, Dr. Gray had been interested in further improving the lighting of the asylum by the use of electricity. In 1887, Dr. Blumer proposed the plan and asked for an appropriation of \$23,000, which was approved. Contract for the plant was given to the Edison General Manufacturing Company, and it was installed and began operating in April, 1888.

Two events of prime importance in relation to the mentally ill throughout the State occurred during 1889-1890. The New York State Commission in Lunacy was created in 1889, consisting of three members instead of the one-man commission established 15 years earlier. The Commission in Lunacy was made directly responsible to the Governor, and many matters previously vested in the State Board of Charities were now transferred to it. Chief among its duties, the commission was required to visit and inspect at least twice a year "every asylum and institution in which the insane are in legal residence in this State."

Close on the passage of the Commission in Lunacy Act the State Care Act was passed in 1890. It opened up a new epoch in the care and treatment of the mentally ill. In 1888, at the annual convention of the Association of Medical Superintendents, Dr. Blumer had drawn up and submitted a resolution "cordially endorsing" the adoption of the State Care Act. The chief feature of this act was the division of the State into hospital districts, with a State hospital in each that would accommodate both chronic and acute cases. This abolished the system, instituted by the Willard Asylum, and so strongly opposed by Dr. Gray, of two types of hospitals: one for the chronic and one for acute patients in New York. The State Care Act also took all "pauper insane" out of the county poorhouses, a result intended—but not fully accomplished—by the Willard Act of 1865.

There were two important changes in the medical staff during 1891. Dr. Deecke, pathologist for 18 years, resigned, and Dr. Clara Smith was appointed as the first woman physician at the asylum. The daily average number of patients was 786, and the total number under treatment during the year was 1,171. Both these figures were the highest reached up to that time in the history of the institution. The number of aged had greatly increased since the passage of the State Care Act, and overcrowding was again imminent. But relief was promised when ground was broken for a group of new infirmary buildings on August 4, 1891.

These buildings marked a new era in hospital construction. They accommodated 170 men and 90 women. Originally designed for male patients only, they were adapted to the use of both sexes by a slight structural

change entailing a couple of brick partitions. The infirmary was opened in 1892, and began at once to operate with a separate day and night service. In 1922 it was named Walcott House, in memory of Hon. W. Stuart Walcott, president of the board of managers at his death.

The employees' home—the central residence unit in the new group—proved an admirable feature in improving service and administration. Twenty attendants were domiciled there on a plan of family life that was happy indeed. This venture suggested the extension of the plan of housing all nurses in similar "home" quarters off the wards.

The training school had been growing in usefulness. Since 1890, attendance at lectures had been an indispensable condition of service as an attendant or nurse. The roll of certificated nurses numbered 59 in 1892, and that year for the first time diplomas were given to those pupils of the school who had attended two full courses of lectures and passed the prescribed written and oral examinations. However, no graduation exercises were held until 1909.

Despite the broad advances for the betterment of the insane accomplished by the Commission in Lunacy and the State Care Act, the changes they enforced on the management of State hospitals were not always without friction and disadvantage. The Utica State Hospital accepted the new order of rigid economy and supervision, and for the most part, Dr. Blumer and the managers met few obstacles to their progressive efforts in behalf of the patients. Year by year, large repairs and improvements were necessary to cope with decay and keep the institution abreast of the times.

By far the most outstanding modern innovation of the year 1894 was the construction of the "rain bath." This forerunner of the shower bath was a system of sprays first popularized in Germany. The idea was introduced into this country in 1891, and the first rain bath was erected at the New York Juvenile Asylum. The new system had the immediate endorsement of the State Commission in Lunacy, assuring its success as a method of ablation for hospital inmates.

The rain bath at the Utica State Hospital was constructed in the old bakery building, which had been recently vacated when a new bakery was completed. It abolished tubs and ward bathing, and furnished a system now familiar to every one with a shower in the bathroom. Needless to say, the new method of bathing was ideal for patients. The apparatus provided ample facilities; and the tiled rooms, warmed and lighted, met all the requirements of sanitation and service. Completed August 31, 1894, the "rain

bath" at the Utica hospital was the first one erected at any of the State hospitals of New York.

There were many changes in the staff of attendants and nurses during 1895. Proposed higher wages were expected to promote greater steadfastness, and preliminary examinations for entrance to the training school for nurses were made a test of fitness for the course.

In 1896, the idea of "family care" was advanced in the recommendation by Dr. Blumer that some of the patients whose labor was a marketable commodity be boarded out in well-selected rural homes, thus making it worth the farmer's while to receive the boarder at a modest compensation. The matter was again discussed in the doctor's report the next year.

In the meantime, 160 acres of land south of the hospital grounds had been leased, and a farm colony of 20 male patients known as "Graycroft," was established. This property was purchased in 1900 and "Graycroft" has continued to operate down to the present time. "Dixhurst," a similar colony for 20 women was established in 1898. It was abandoned in 1901, owing to the inability of the State hospital to purchase the land it occupied. Another farm colony, "Craggside," adjoining "Graycroft" was leased in 1898. This property was also purchased later, and the farmhouse was moved to "Graycroft" and attached to the house there.

Dr. Blumer was deeply interested in developing the "colony" plan. In his report of 1898—the last before his resignation—he urgently recommended the purchase of the farm properties, Graycroft and Craggside, at the expiration of their leases. The properties were about 177½ acres, and the price about \$35,000. Other improvements on his mind for the State hospital were a hospital for acute cases, and a nurses' home that would accommodate 50 nurses and employees. The last important improvement made at the main building (under his administration) was a new hot water heating system, installed in 1898.

Dr. Blumer had served the State hospital 23 years, when he resigned September 4, 1899. By his acceptance of the superintendency of Butler Hospital at Providence, R. I., New York State's original refuge for the destitute lost one of the ablest men ever enlisted in its service.

Dr. Blumer died April 25, 1940.



quisition of Marey, the total property of Utica State was approximately 1,400 acres. The acreage of the hospital proper was 250; of the Graycroft Colony, 220, and of the Marey tract, 933.

During the first dozen years of the new century, the expansion of the city began to encroach on the privacy of the hospital. New streets were opened and a neighborhood of homes was developed. In 1911, a right of way was demanded by the passage of a city ordinance providing that a street be cut through the southwesterly portion of the hospital farm acreage. After considerable dispute over the proposed "Hickory Street," in 1912, a local ordinance was passed with the approval of the State authorities providing for a right of way. The highway constructed there is now known as Noyes Street. In the way of local improvements, the antiquated cobblestones on Court Street was at last replaced by asphalt paving, and a new sidewalk of flagstone was laid along the 1,400-foot hospital frontage. These improvements were much needed and appreciated. Down the years, there always has been cooperation between the city and hospital authorities with the exception of the new street proposal just mentioned.

Among the other outstanding accomplishments during Dr. Palmer's administration was the addition to the nursing staff in 1909 of a thoroughly trained, qualified nurse, Miss Bessie B. Tibbetts, R. N., to serve as school superintendent and instructor. A new laundry building was commenced that same year and opened in 1911. The reception service at Dunham Hall began in 1910, inaugurating a new system of admission to the hospital.

Outdoor games and amusements for the patients were greatly expanded; and, in 1913, a reeducational school was started. A young woman graduate of the New Haven Normal School was engaged as instructor.

Back in Dr. Blumer's regime the State Civil Service had taken over the hospital employment service. While this caused some disadvantage at first, it has proved highly satisfactory in providing qualified persons for the exacting duties of hospital nonmedical and nonnursing services.

The activities of the medical staff which had played a prominent part in the city's social life under Dr. Blumer, were continued to some extent during Dr. Palmer's administration. He was a quiet gentleman of the "old school" and remained a bachelor until after his resignation. A young interne on his staff from 1914 to 1916 was Dr. William Hale of Utica, who has been a leading physician and surgeon in the city for over 30 years.

Due to impaired health, Dr. Palmer resigned on April 1, 1919, after 20 years of service as superintendent of Utica State Hospital.



RICHARD H. HUTCHINGS

1919-1939

Dr. Richard H. Hutchings succeeded Dr. Palmer as superintendent on April 1, 1919. With his appointment, began a period of scientific advance, increased administrative efficiency and greater community service, gains which have continued without a break since that date.

When Dr. Hutchings took office, his predecessor had been ill for some time; and the first pressing problems to confront the new hospital head

involved much reorganization and many changes in detail of administration and treatment. Dr. Hutchings had been chosen as superintendent with the need for these changes in mind. Mr. Dunham, then president of the board of managers, reported to the State Hospital Commission the year following the arrival of the new superintendent the reasons for the managers' unanimous choice of Dr. Hutchings. "Dr. Hutchings," wrote Mr. Dunham, "is a successful specialist in psychiatry and has an enviable reputation as an expert in his profession." Then, he added significantly, "More than that, he had evidenced ability as an executive and made for himself a record which promptly appealed to the managers of this institution who offered him an election as superintendent, with the approval of the commission, which fortunately he accepted. His service here began in April . . . He readily gained a grasp of the situation, its needs and requirements, and wisely set about the discharge of his duties in the most efficient way possible."

At the time of his appointment, Dr. Hutchings was on leave for army service from the position of superintendent of St. Lawrence State Hospital, a post to which he had been appointed in 1903 at the age of 34. He was a major in the medical corps, chief of neurology and psychiatry at Plattsburg Barracks, when he accepted the position at Utica. Born at Clinton, Georgia, August 28, 1869, Dr. Hutchings had been educated at the Georgia Military School, Georgia University and Bellevue Medical College, New York, before entering the practice of psychiatry. He had been in the State service since 1892 and had had a notable record as a teacher and administrator before coming to Utica.

Enlargement and alteration of the buildings at Utica State Hospital early commanded the attention of the new superintendent. As has been noted, the site of what is now Marcy State Hospital had been acquired some time before when a plan to move the whole Utica institution out of the city was under consideration; and prospective development there of a branch of Utica State Hospital had been a powerful reason influencing Dr. Hutchings to accept the Utica superintendency. In January, 1923, the first building for patients was occupied at Marcy, and Dr. Clarence O. Cheney, as assistant superintendent, took charge of that hospital division. Power house, water supply and steam lines had been provided. Buildings for the eventual housing of more than 2,000 patients were planned or under construction. Much of the administrative work at Utica for a decade was concerned with blueprints and supervision of work of the contractors. In 1930, the Marcy division had a larger patient population than its parent institution; and, with its geographical separation from Utica, the burden of its management was such that Dr. Hutchings concluded it was too great for a single man to handle efficiently. On his recommendation, what is now one of the State's



finest mental hospitals, with a plant valued at nearly \$7,900,000 and a total of nearly 3,000 patients under treatment annually, became—by act of the Legislature—a separate institution, Marcy State Hospital. Dr. W. W. Wright, clinical director at Utica under Dr. Hutchings, became its first superintendent, a position he still holds.

Important construction projects took place at the old Utica site also. A laboratory was under construction when Dr. Hutchings became superintendent; and, in the spring of 1920, it was dedicated as the George Alder Blumer Research Laboratory, with Dr. Blumer present as a guest at the ceremony. The central kitchen was enlarged; and a wing which now contains the nurses' dining room and apothecary shop was added. Wards were remodelled; an existing cottage was adapted for the use of the occupational therapy department; six cottages were built for staff physicians. In August, 1925, Dixhurst, a modern home for the hospital's nurses, was opened.

The most ambitious construction work undertaken at Utica in the last two decades was the building of a long-needed auditorium where church services, entertainments for patients and employees, and scientific meetings could be conducted. The \$300,000 structure contains, besides the auditorium, offices and consultation rooms for the hospital's social service department and modern facilities for the school of nursing. The building has become one of Utica's community centers for public health gatherings. When it was dedicated, on October 5, 1938, the board of visitors honored Dr. Hutchings by naming the new building Hutchings Hall. The last building project undertaken during Dr. Hutchings' administration was the erection of a modern, one-story structure for the manufacturing department of the Department of Mental Hygiene on the Utica State Hospital grounds. This building, first occupied after Dr. Hutchings' retirement, has equipment for printing and bookbinding and facilities for the receipt, storage and roasting of coffee for the civil State hospitals. Virtually all of the printing of forms and reports for the the State's mental hospitals is done there; and the departmental publications, *The Psychiatric Quarterly*, *The Psychiatric Quarterly Supplement*, and *Mental Hygiene News* are published there. Coffee for all institutions in the department is roasted in modern equipment in this structure.

Administrative reorganization at Utica began in the spring of 1919. Better supervision of employees was an urgent problem and received prompt attention. Medical staff meetings were developed from routine diagnostic sessions into gatherings for scientific discussion and instruction. Conferences were scheduled for the purpose of discussing modern psychiatric trends and recent scientific advances; and Utica's reputation as a training center for psychiatrists grew rapidly. In 20 years, half a dozen superintendents of institutions in New York State and elsewhere rose from the

ranks at Utica. It is a record of which Dr. Hutchings has always been particularly proud, as in its early days, Utica furnished so many superintendents to institutions in the Middle West and other parts of the country that it became known as "the mother of hospitals." In the last two decades, it regained that position of early eminence.

In the early 1920's, the hospital's school of nursing entered an era of great progress. Miss Tibbetts, who had been on leave of absence because of illness, resigned as head of the school shortly after Dr. Hutchings became superintendent; and Miss Lena A. Kranz, who had been acting in her place since the previous year, took over her duties. She still heads the nursing school as its principal. A period of expansion had started, and the school today has had a total of 466 graduates.

Utica had been a pioneer in the training of psychiatric attendants and nurses. Diplomas had been granted to nurses as early as 1892. But by 1919, the school of nursing was being conducted under difficulties. Living quarters for nurses were inadequate; some were assigned to space needed for patients, and comforts were lacking. There were no modern class rooms. The first World War and the failure to provide attractive surroundings had reduced the school to a handful of students. Efforts to improve the curriculum began at once. By 1922, Miss Tibbitts had returned to Utica as head of the nursing staff of Faxon Hospital. With her active co-operation, the Central School of Nursing was organized, with Utica State, Faxon, Memorial, St. Luke's and St. Elizabeth's hospitals participating. Dr. Hutchings became president of the executive committee of this school and remained in that position until he left the State service. The school is functioning today, with three of the original hospitals still participating, after the withdrawal some time ago of St. Luke's and St. Elizabeth's because of the distance of their pupils from the classes.

Meanwhile, larger space had been found for nursing instruction at Utica than the inadequate quarters occupied in 1919. Plans for a nurses' home were going forward. Affiliations with other schools of nursing were arranged as part of a three-year training course. Utica students first went to Bellevue Hospital in New York City for a year's affiliation in 1922, a connection later changed to Kings County Hospital in Brooklyn, arrangements which permit extensive study in surgery, obstetrics and other subjects not emphasized in the Utica State curriculum. As early as 1921, student nurses from general hospitals first came to Utica for lectures in psychiatric nursing, not only from the city but from elsewhere, including Rome. In 1928, students from the Saratoga Hospital at Saratoga Springs and from the Syracuse Memorial Hospital first came to Utica for three-month courses in affiliation. The classes of affiliates have grown, and at present, students are received for affiliation courses from Syracuse Memorial Hospital, the Good

Shepherd Hospital, Syracuse University, and from Faxon, Memorial and St. Luke's Hospitals in Utica.

An important part in the development of the hospital as an educational institution has been played by the laboratory. Dr. Hutchings recalls that when he came to Utica in 1919 the laboratory building had not yet been completed. Dr. Clarence L. Russell, a ward physician, had, however, a keen interest in laboratory procedure. He had a microscope, a few reagents and some inadequate equipment. As a volunteer, he did whatever was done at Utica in the way of laboratory work. Dr. Hutchings greatly encouraged his interest, encouraged him to study laboratory technique and to take courses in the subject at the Psychiatric Institute. When the new laboratory was opened in 1920, Dr. Russell had completed a thorough training and was put in charge. He remains in charge as pathologist today; and his duties, aside from those performed for the hospital, include all the laboratory work of the Board of Health of the city of Utica, the village of New York Mills and the townships of New Hartford and Whitestown. The laboratory has played an increasingly important rôle in Utica's activities as an educational and training center.

In the field of education, Utica's influence was far wider than in the training of psychiatrists, administrators and nurses. The expansion of the social service department was comparable to that of the school of nursing. The hospital became a training center for college students, undergraduates



DIXHURST...THE NURSES' HOME



from Skidmore and students of the Smith College School for Social Work among others. Lectures and educational activities in the community increased, as they did elsewhere with postwar interest in psychiatry and its problems. Medical staff members, nurses and social workers were in increasing demand to address lay and professional groups. Relations of the hospital with the community became closer and more cordial.

One of the closest contacts of a mental institution with the public is through clinics conducted outside the hospital itself. A clinic had been established by the Utica hospital in Schenectady in 1917, with Dr. Ross D. Helmer, now first assistant physician, in charge. The time which could be devoted to it, however, was limited; scientific social work was a new profession, and no trained worker was available; and in 1919, Dr. Hutchings acted to enlarge the clinic service and place a trained person in charge of it. At the suggestion of a representative of the State Department of Health, a clinic was started in the Utica Free Dispensary, with Dr. Hutchings himself as attending physician for a time. Later, other physicians took over the work; and Dr. Charles Bernstein, superintendent of the Rome State School, cooperated by supplying the services of a physician acquainted with problems of mentally defective children.

About this time, Dr. Hutchings acted also to place the social service facilities of the hospital on a modern basis. The State civil service office could not supply a list of qualified social workers; and it was necessary to depend on inquiry, personal recommendations and personal acquaintanceship. A graduate of the Utica State Hospital nurses' school, Miss Eva M. Schied, was finally selected and appointed social worker. She is now chief social worker in charge of the social service department. Miss Schied came to Utica with a thorough training in social work. She had taken postgraduate nursing courses at the Johns Hopkins Hospital, had worked at the Henry Street Settlement under Miss Lillian Wald and had courses at Teachers' College, Columbia University. At the time of her appointment, she was executive secretary of the Herkimer County Tuberculosis Committee.

With Miss Schied's appointment, the work of the social service department expanded rapidly. As Dr. Hutchings described it, the naming of a trained worker soon made it "possible for the physicians to know the conditions under which the patient had lived and to which, when paroled, he must return." The number of clinics was increased and the services of the clinics extended. A clinic at Glens Falls was opened in 1920; and clinics were later established at Syracuse, Amsterdam, Johnstown, Gloversville and Saratoga. The one at Syracuse is now operated as an Onondaga County clinic and the one at Glens Falls is now maintained by Marcy State Hospital; the others are still under Utica direction.

Parole work was greatly facilitated by the growth of the social service

department; treatment and advice in the control of incipient mental disorders were made available to the public generally; and child guidance work became possible.

A program of family care of mental patients was inaugurated at Utica in December of 1935. This program, combining custodial and therapeutic provisions, was instituted in New York State by the Department of Mental Hygiene after several centuries of experience at Gheel in Belgium and some decades of such work in other European countries. Massachusetts already had patients in family care in this country when the general New York program was initiated; and a beginning had been made in this State with the placement of mental defectives in boarding homes by Newark State School. Under the family care system, patients are carefully selected for their ability to adjust in the community with the amount of supervision which specially instructed family caretakers are able to provide. Some are supported by State funds, at a material saving over the cost of maintenance within an institution; others support themselves; and still others, by farm work or odd jobs, contribute to the payment of their own expenses. The State has benefited by saving; the patients have benefited by pleasant living conditions in normal surroundings; and many have adjusted to the point where parole or discharge became possible.

Utica State Hospital cooperated enthusiastically in this progressive program from the beginning, placing increasing numbers of patients with suitable families. Despite the saving in expense, it was difficult to convince the State of the project's worth; and in October, 1940, State funds for maintenance of family care patients became temporarily unavailable. So important did Utica consider family care, however, that this suspension of State support resulted in bringing back to the hospital only six patients; it was arranged to have 40, chronically ill, supported by independent means in the homes where they were then living. In choice of patients, the social service department has an important function; and supervision of those placed with families has become one of that department's most important and time-consuming duties. No aspect of mental hospital work requires more expert social service supervision and guidance.

A notable increase in voluntary admissions to Utica State Hospital was reported by the superintendent in the early years of the extended clinic system, an increase with which the social service department had much to do and which was welcomed as evidence that clinic contacts and educational endeavors were reducing popular prejudice against mental hospitals and increasing the numbers of persons able to recognize their own mental illnesses and willing to seek treatment. The part played by the social service department in building up Utica's reputation as an educational center already has been mentioned.



OCCUPATIONAL THERAPY COTTAGE

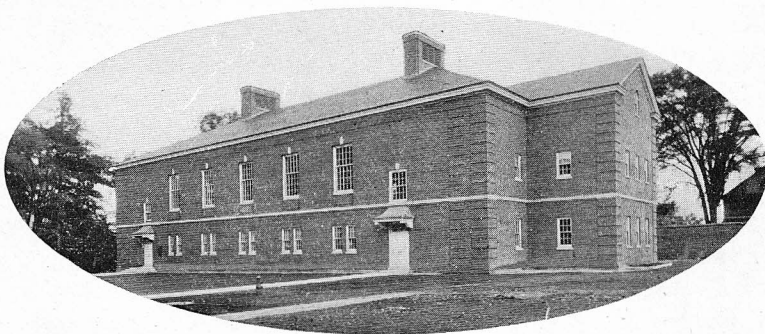
Another notable activity at Utica between 1920 and 1940 was the development of the occupational therapy department. Amariah Brigham, with his whittling shop, had been a great many years ahead of his time in the provision of occupation as a therapy. But Dr. Brigham's idea of work with inspiration and pleasure as its purpose had for long been forgotten so that true occupational therapy was unknown in Utica in 1920. Its beginnings there were modest. In that year, Mrs. Robert F. Zimmerman, who is now a teacher at Utica Free Academy, and Mrs. Clarence L. Russell, both wives of staff physicians at the hospital, interested themselves in the project of providing occupation for convalescent patients and others who promised to be benefited by it. With the aid of Dr. Clara Smith of the hospital staff as medical adviser, and provided with a capital of \$20 borrowed from Dr. Hutchings, they opened an occupational therapy shop in a room remodelled for the purpose. The project was a success from the start and developed rapidly. Classes were held, not only in the shop room, but throughout the hospital. Sales of the patients' handiwork were conducted, and the borrowed capital was soon repaid, as a successful sale might bring in several hundred dollars in a single day.

Eventually, a cottage was remodeled to house the occupational therapy department; and full-time, professional occupational therapists were employed under the direction of Mrs. Eleanor Clarke Slagle, director of occupational therapy, State Department of Mental Hygiene. Mrs. Jessie Stark Pflanz, Mrs. Ruth Nelson and Miss Ethel Randall, chief occupational therapist at present, were successive heads of this department.



Dr. Hutchings retired on July 1, 1939. During the more than 20 years of his service as superintendent at Utica, he had been active in the practice of his profession, in community affairs and in the national councils of his profession. He had been a leader in many progressive fields of psychiatry, notably in promoting the understanding and practice of psychoanalysis. He had ended 25 years of service as lecturer in psychiatry at the medical school of Syracuse University when he became professor emeritus of clinical psychiatry in 1933; but he had continued to lecture every second year. An undergraduate medical society was organized at Syracuse in his honor and named for him. In the American Psychiatric Association, his services were outstanding; and he was honored by the presidency of that body in 1937 and 1938. Locally, he gave generously of time outside his professional field and had served as president of the Utica Associated Charities.

Dr. Hutchings retained his connection with Utica State Hospital by becoming consultant in psychiatry after his resignation. He retained also the important post of editor of *The Psychiatric Quarterly*, a duty he took over when Dr. Horatio M. Pollock gave up the position in 1935. Under his editorship, the *Quarterly*, which is the official scientific journal of the Department of Mental Hygiene, has increased steadily in prestige. Its companion publication, *The Psychiatric Quarterly Supplement*, has also gained in interest and influence. Another literary work which Dr. Hutchings has continued since his retirement is that of responsibility for the *Psychiatric Word Book*. This handbook of psychiatric definitions, written by Dr. Hutchings and first published in 1930, has become a standard text in many nursing schools and is of wide use among medical students and general practitioners of medicine who are interested in psychiatry. A seventh edition of this little textbook is now in press.



HUTCHINGS HALL



WILLIS E. MERRIMAN

1939-

On November 1, 1939, Dr. Willis E. Merriman succeeded Dr. Hutchings as superintendent. He came to the Utica State Hospital with a long and varied record of service in State hospitals. His most recent assignment was the superintendency of Manhattan State Hospital in the metropolitan district, having served there from 1933 until his transfer to Utica. Previously he had spent 13 years at Hudson River State Hospital under Dr. Charles Pilgrim, who had been on the staff at Utica State during Dr. Gray's administration. Dr. Pilgrim brought the Gray traditions to Hudson River, and their influence on Dr. Merriman during the early years of his career made his present administration of the century-old Utica State Hospital doubly interesting to him.

The new shop building for the manufacturing department which was opened in the spring of 1940 is the major construction project completed so far under the present superintendent. This houses the printing plant, the editorial office of the *Psychiatric Quarterly*, and the coffee roaster. It is 300 feet long by 50 feet wide.

The new cold storage plant, also completed in 1940, added an important service. Besides furnishing storage for produce, it has a separate department for the pasteurization of milk from the hospital's own cows.

Today, like most all other hospitals, Utica State Hospital is rather overcrowded. With a capacity of 1,552 based on ward space, the daily average hovers around 1,750 patients. A serious problem facing the hospital today is the effect of the war on its personnel. Vacancies are increasing all along the line. The full complement of employees, including the medical staff, numbers about 500. At present, there are three vacancies on the medical staff—three men have gone into the armed forces, and 10 must do the work of 13. There are 184 officers and employees not working on wards, and 27 vacancies among them. The ward attendants now number 242, and the vacancies there are 38. Operating with 65 less employees than are needed taxes everyone and puts an extra burden on the administration.

The nurses, of whom there are 39, are not included in the above figures.

The patients make a considerable contribution by way of labor. Besides the 117 working under the supervision of occupational therapy, the total number of patients employed is 690, at an average work day of 5.7 hours. Nearly half of these are employed in the wards and the upkeep of the dormitories. One hundred and fifty-three more work in the dining rooms, kitchens and bakery. The remainder have various duties. Labor, as Dr. Brigham envisioned a century ago, is an essential factor in the treatment of mental diseases.

Modern psychiatry, however, has developed some specific treatments, which include heat therapy, chemotherapy, and shock therapy, and the results are proving satisfactory in many cases.

Modern psychiatry recognizes the importance of treatment for borderline patients as well as for acute and continued treatment cases. At Utica State Hospital, Dunham Hall provides the medical service for the reception of new patients. Here they are thoroughly examined, mentally and physically, to establish their needs, and may be later transferred to the wards most appropriate for their further care and treatment. Many borderline cases, under observation and treatment, return to mental health.

Planned recreation plays a more important part than ever in the curative treatment at all mental hospitals. Utica State Hospital is fortunate in having such a splendid recreational center as Hutchings Hall. Moving pictures have, of course, superseded many old-fashioned amusements for the patients.



Weekly movies and dances are the chief features of recreation at present.

One end of the Hall is arranged to permit of church services. These are held regularly and are conducted by the Catholic priest, the rabbi, and the Protestant ministers.

Dr. Merriman is a native of Albany, New York, a graduate of Union College, and he received his medical degree from the Albany Medical College. Dr. Merriman is the seventh superintendent at the Utica State Hospital during the century of its existence.

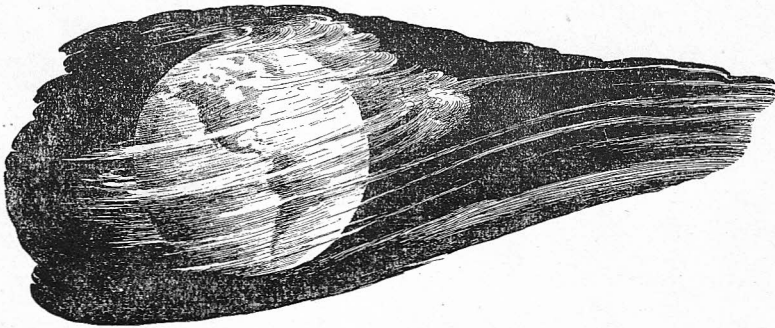
The pillars, a symbol of strength and durability, stood firmly at the door of the Utica State Hospital when the first patient entered one hundred years ago. Since then 42,902 have entered and have been treated and many restored to health and returned to the community.

The Utica State Hospital originally cared for patients from the entire State but now the territory has been reduced to five counties.

At the present time there are 2,044 patients at this institution under treatment. Of that number 230 are on parole and 65 in family care, a total percentage of 14.4 per cent, in the community under supervision by the Social Service Department.

The State mental institutions, according to the census of July 1, 1942, had 108,399 individuals under treatment in 30 institutions, 18 of which are civil State hospitals having a population of 83,092. Of that number 1,256 were in family care, 8,677 on parole; there are also two institutions for the criminal insane with a population of 2,787, and five State Schools for mental defectives having a population of 18,144 of which 1,560 are in Colonies, 598 in family care, and 2,236 on parole; two institutions for delinquent defectives caring for 1,862 and one colony for epileptics caring for 2,514. Besides institutional care there is an extensive preventive service consisting of Child Guidance and Adult Mental Hygiene Clinics.

The Utica State Hospital is called "the Mother of them all."



P R O G R A M

THE ONE HUNDREDTH ANNIVERSARY

of the Opening of the

UTICA STATE HOSPITAL

HUTCHINGS HALL—UTICA STATE HOSPITAL

SATURDAY, JANUARY 16, 1943

9 A. M. to 5 P. M.

*Jointly Sponsored by the*

Oneida County Mental Hygiene Committee

The Utica Council of Social Agencies, in cooperation with  
the Board of Visitors, Utica State Hospital

***The Oneida County Mental Hygiene Committee***

The Oneida County Mental Hygiene Committee of the State Charities Aid Association was formed March 27, 1927, in the Utica Public Library with a membership of twenty-four.

The purpose of this organization as outlined in its Constitution, to which it has adhered from the beginning, was to have a small group of people working together to promote mental hygiene education and to keep the community abreast with the progress made in prevention of mental disease. The Committee sponsored a series of lectures yearly for ten years which were given by outstanding authorities in this field.

The late Professor Milledge L. Bonham, Jr., of Hamilton College, served as the chairman until his death, January 21, 1941, with the exception of his sabbatical year in 1929. During his year's absence his place was taken by Professor J. W. Howson, also of that College, and the present chairman, Professor John M. Moore, is a member of the faculty of that College. Seven members of the Executive Committee—Dr. Robert Sloan, Dr. R. H. Hutchings, Dr. W. W. Wright, Mary Evans, Ida M. Henry, Eva M. Schied, and Inez Stebbins—have served since its formation. The Committee membership has been increased to thirty individuals.



Exhibits on lower floor of Hutchings Hall—9 to 10 A. M.

**MORNING SESSION—AUDITORIUM 10 A. M.**

Mr. Clarence E. Williams, Presiding

*President, Board of Visitors, Utica State Hospital*

SELECTIONS—

Whitesboro Central School Band

Under direction of Professor William A. Schnell

DEDICATION OF AMERICAN FLAG—

Given to Hutchings Hall in memory of Miss M. Isabelle Doolittle, former member of the Board of Visitors, Utica State Hospital, by the Occupational Therapy Department

Rev. D. Charles White

Rev. Daniel B. Corrou

Rabbi S. Joshua Kohn

WELCOME—

Willis E. Merriman, M. D.,

*Superintendent, Utica State Hospital*

GREETINGS—

William J. Tiffany, M. D.,

*Commissioner, N. Y. S. Department of Mental Hygiene*

Arthur H. Ruggles, M. D.,

*President, American Psychiatric Association*

*Superintendent, Butler Hospital, Providence, R. I.*

Richard H. Hutchings, M. D.,

*Former Superintendent of the Utica State Hospital*

*Past President, American Psychiatric Association*

ADDRESS—Shock Therapy—

William W. Wright, M. D.,

*Superintendent, Marcy State Hospital*

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**LOWER FLOOR OF HUTCHINGS HALL**

***School of Nursing***

Demonstration—9 to 10 A. M. and 12 to 2 P. M.,  
Showing the old and new methods of administering a  
sedative pack.

***Occupational Therapy***

Exhibits of Occupational Therapy from the Marcy and Utica  
State Hospitals, showing some of the pre-industrial  
work done for the hospitals



## AFTERNOON SESSION—AUDITORIUM

2:00 P. M.—Professor John M. Moore, Presiding  
*Chairman, Oneida County Mental Hygiene Committee*

MUSICAL SELECTIONS—A Cappella Choir, Utica Free Academy—  
Under direction of Miss Marcella Lally

ADDRESS—The Tyranny of the Past and the Hope of the Future  
Homer Folks,  
*Secretary, State Charities Aid Association of New York*  
*Chairman, Temporary Commission on State Hospital Problems*

ADDRESS—Psychiatry's Contribution to Public Health  
Samuel W. Hamilton, M. D.,  
*Mental Hospital Advisor, Division of Mental Hygiene,*  
*U. S. Public Health Service*

ADDRESS—Psychiatry's Contribution to Nursing  
Miss Emily J. Hicks, R. N.,  
*Executive Secretary, N. Y. S. Nurses' Association*

ADDRESS—Psychiatry's Contribution to Occupational Therapy  
Miss Virginia Scullin,  
*Chief Occupational Therapist, Pilgrim State Hospital*

ADDRESS—Psychiatry's Contribution to Social Work  
Miss Hester B. Crutcher,  
*Director of Psychiatric Social Work, N. Y. S. Department*  
*of Mental Hygiene*

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## DISPLAYS

Utica Public Library—Current literature on psychiatric and  
psychological subjects

Utica Public Schools—Psychological Department

## HISTORICAL RELICS

Utica State Hospital Case Book No. 1—first case recorded January 14, 1843.

Exhibit of discarded restraint apparatus, including the old Utica Crib and  
other things loaned by the Buffalo, Hudson River and Middletown  
State Hospitals.



